

THE GOOD LIFE

Part 3: Relaxing in God's Goodness



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*"The Lord is my shepherd, so I have everything I need.
He makes me lie down in green pastures;
He leads me beside quiet waters."
(Psalm 23:1-2)*

These images represent _____ and _____.

To give God my _____ requires _____.

Why Do People Overwork and Not Get Enough Rest?

1. _____ : Basing my worth on my work.

"Only someone too stupid to find his way home would wear himself out with work!" (Ecclesiastes 10:15)

2. _____: Always wanting more things.

"Don't wear yourself out trying to get rich, have the wisdom to show some restraint! Your money can be gone in a flash, as if it had grown wings and flown away like an eagle!" (Proverbs 23:4-5)

3. _____: Valuing achievement over relationships.

"Here's another thing I've seen on earth that makes no sense: Some people don't have any kids or family or friends, yet they work obsessively, never taking a break. There's no end to their toil and they're never content with what they've done or earned. They never ask, 'Why am I always working to do more?' And, 'Why don't I let myself enjoy life?' And, 'Who cares? Who will get what I leave behind?' What a senseless and miserable way to live! You're better off having someone to enjoy it with and share the rewards of your work." (Ecclesiastes 4:7-9)

How Do I Relax in God's Goodness?

1. Remember _____.

It's not _____ that gives me worth, it's _____.

"God decided to give us life ... so that we might be the most important of everything He has created." (James 1:18)

"I have engraved you on the palms of my hands." (Isaiah 49:16)

2. Enjoy _____.

"I have learned the secret of being content in any and every situation, whether I'm well fed or hungry, whether I'm living in plenty or in poverty. I can do all things through Christ who gives me strength." (Philippians 4:12-14)

3. Limit _____.

"You have six days in which to do your work, but the seventh day is a day of complete rest dedicated to Me." (Exodus 20:9)

"The Sabbath was made for your benefit." (Mark 2:27)

Sabbath means day of _____.

- **Rest** _____.
- **Recharge** _____.
- **Refocus** _____.

4. Adjust _____.

"What good is it for a man to gain the whole world, yet forfeit his soul?" (Mark 8:36)

5. Exchange _____.

"Are you tired? Are you worn out? Are you burned out? Come to Me! And you'll recover your life. And I'll show you how to take real rest. Walk with Me and work with Me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with Me and you'll learn to live freely and lightly." (Matthew 11:28-30, The Message Translation.)

R – Remember my value to God.

E – Enjoy what I already have.

L – Limit my work to six days a week.

A – Adjust my values.

X – Exchange my restlessness for God's peace.